

**This is your LAST STUDY GUIDE so please study!!! The test will be worth 100 points. Remember to look for the SECRET TEST questions on the P.E. Class Web site on Friday.**

1. Please list **5 muscles** that are located in **your upper body**?
  2. Please **explain** what **Abduction** is?
  3. WHERE is your **Gastroc** located?
  4. What is the name of the **muscle** that you use to **push**, or **throw** an **object away from you**?
  5. **What** is the **name** of the **muscle that is located in your upper back**? [*Hint: This is the muscle that you place your hands on when playing the Leapfrog game?*] Spelling Does Not Count.
  6. **The bone** that is located on **your hip is called**? This is the bone that is located where the step counter is placed.
    - (A) **Ilyl Crest Bone**
    - (B) **Iliac Crest Bone**
    - (C) **The Crest Bone**
    - (D) **The Crest Iliac Bone**
  7. **How many steps** have you **personally stepped** in pe class? The answer is located on your grade sheet.
  8. **How many miles** have you **personally walked** in pe class? The answer is located on your grade sheet.
  9. **When doing push-ups** what **muscles** are being **used in Adduction**?
    - (A) **Your Triceps & Trapezius**
    - (B) **Your Biceps Femoris**
    - (C) **Your Gastroc.**
    - (D) **Your Vastus Muscles**
  10. When you are **doing push-ups** – **please explain** what muscles are in **Adduction** and **Abduction**?
- [#2 STUDY GUDIE] – 2nd Semester P.E. Class [ALL PE Class]**

11. Please **explain** what **Adduction** is?

12. Please list **10 games** that we have played in **P.E. class** so far?

13. **Explain** where your **Vastus Muscles** are?

14. Name the three **volleyball skills** that we have practiced.

15. **What** is the **name of the muscle** that you are using to do **sit-ups**?

16. **Name [1] muscle** that you use to **jump or walk**? (Please explain)

17. **List at least 2 muscles** that are used to **play soccer**. **Please explain how those muscles are being used?**

18. When the intercom comes on...what should you do? (Please explain.)
19. **Name** at least **[1] muscle** that you use to **open a door**?
20. What is the name of our **student assistant (first name is good enough)**.
21. **List 3 ways** you can earn extra credit in p.e.?
22. **When** the **whistle is blown TWICE** --- **you must**?
23. **The muscle** that you **sit-on** is called what?
24. Describe 3 steps in order to perform the "volleyball bump" successfully.
25. List all the student's first names in OUR P.E. class. (**Spelling does not count...yet**).
26. What is the "**NICK-NAMES**" of the students' in our P.E Class. [**Hint there are 4 "NICK-NAMES"**.]